

Rina
Trepanier
Sales Representative
Experience Counts!

Visit all Rina's listings
www.rinat.ca

905-892-0222 • 905-734-4545
Direct 905-980-1199
E-mail: rinat@royallepage.ca

ROYAL LePAGE
NAGARA REAL ESTATE CENTRE, BROKERAGE
26 Years of Award Winning Real Estate Sales

Thinking of Buying?
Thinking of Selling?
Call Me Today!

Penny Lane
Sales Representative

Call Me Today! 905-733-8996
www.pennyjanet.com
Office: 905-922-0222

HOME DELIVERY CALL 905-732-2411 THURSDAY, DECEMBER 25, 2014 www.pelhamnews.ca

Published by Sun Media Publishing Inc.

PelhamNEWS

ROYAL LePAGE
NAGARA REAL ESTATE CENTRE
janet ingham
sales representative
office 905.892.0222
direct 905.850.6775
driven by customer service
empowered by integrity
www.calljanet.ca

HEART AND STROKE

FAST action saves teen

MARYANNE FIRTH
QMI Agency Niagara

The curve of his smile isn't quite as deep on the left side of his mouth.
His gait isn't quite as smooth.
But his determination is as strong as ever.

Ben Fox has his sights set on a return to the ice — back to the place where his life changed on Aug. 5.

It all happened during the first hockey practice of the season when the 15-year-old defenceman with the Southern Tier Admirals was running drills at Vale Health and Wellness Centre in Port Colborne.

"I remember skating, getting a migraine and then collapsing," Ben, a Pelham resident, recalls. It's one of the few memories he has from what has since proven to be a significant day.

Assistant coach Craig McPhee saw the star player hit the ice on the other end of the rink and watched momentarily, expecting the teen to return

SIGNS OF STROKE

- Drooping facial features.
- Inability to raise arms.
- Slurred or jumbled speech.

to his feet.

Instead, Ben struggled. "He was lying there, trying to get up, but he couldn't," Craig says of the team's assistant captain, who had ambitions to become an Ontario Hockey League draft pick.

"Ben is one of our strongest players. He's a horse. I thought maybe he took a shot in the ankle, something pulled him down."

Realizing something wasn't right, the coaching staff rushed over in confusion.

What they found was Fox mumbling about his skate, seemingly disoriented.



MARYANNE FIRTH/QMI AGENCY NIAGARA

See FOX Page A2

Fifteen-year-old Ben Fox has been working hard on his recovery after suffering a stroke during hockey practice on Aug. 5.

Debbie Pine
pinesold.com SALES REPRESENTATIVE

Season's Greetings
The best of joy, the best of cheer,
For Christmas and the coming year

Consistently a Top Producer with Royal LePage Niagara
ROYAL LePAGE
100 Years of Excellence
Nagara Real Estate Centre, Brokerage
Nagara Real Estate Centre, Brokerage

Office: 905-892-0222 • Sell: 905-321-2261 • debbiepine@royallepage.ca

UPFRONT

■ FOX

Young hockey player suffers stroke

FROM PAGE A1

They began asking him simple questions — Did he know his name? Where he was?

"He was trying to answer but was noticeably having problems. He kept stuttering," Craig explains.

That's when the assistant coach laid down on the ice, face to face with his player, only to find one of the teen's pupils fully dilated and his left side lax.

It was that moment that prompted a call to 911.

While Craig suspected what had happened, it wasn't until paramedics pulled off Ben's left glove, exposing his semi-clenched hand, that he was sure.

The young, aspiring hockey player had just suffered a stroke.

They were signs Craig had sadly seen before.

His youngest son suffered a stroke in utero four years earlier.

"(Grady's) hand was identical to Ben's," he says, calling it "surreal" to again see the symptoms in a child.

"I knew what had just happened. I knew how much had just changed for him in the blink of an eye."

Ben was rushed to hospital in Niagara Falls before being transferred to McMaster Children's Hospital. There it was learned the stroke, affecting the left side of his body, was caused by a carotid artery dissection — a separation of the layers of the artery wall supplying oxygen-bearing blood to the head and brain.

"It was a fluke that it happened," mother Jodi says of the rare occurrence.

Doctors told the Fox family it was more likely Ben would be hit by lightning than suffer a stroke in such a manner.

When the swelling in the young man's brain did not immediately subside, he had to undergo surgery to remove a portion of his skull to relieve the pressure.

"It was the longest couple of hours of my life," Jodi says.

"It was devastating. It was a matter of life or death at that point."

When Ben awoke in the hospital with little knowledge of what had happened, the news was difficult to take.

But rather than dwell on the setback, he challenged himself to improve — and quickly.

On Sept. 4 he was transferred from McMaster to Holland Bloorview Kids Rehabilitation Hospital in Toronto, where he receives physical and occupational therapy three to five times a week.

He progressed at an impressive rate, leaving his doctors in awe as he left behind his wheelchair and learned to walk again after only a few weeks.

Though first relying on a walker and then a cane, Ben is now able to walk without assistance.

Taking those first few steps for the second time in his life was a rewarding experience for the Grade 10 E.L. Crossley student.

Ben's focus was initially on getting his leg functioning again, but now, with his 16th

birthday and prospect of getting his driver's licence next spring on Jan. 6, his attention has turned to his arm.

"My arm recently got a lot of movement," he says, looking down with a slight smile.

The feeling has begun to return to his hand as well, though movement at this point is still minimal.

Hoping to quicken his progress, Ben is doubling up on therapy throughout December, going twice a day in an effort to further improve before returning to high school in the new year.

"It's hard to put into words. I can't believe the strength he's got," Jodi says of her son.

"He found it in there somewhere. To be able to progress so quickly, we're so proud of him."

But none of that would be possible, she says, without the quick action of coaching staff who helped to minimize the damage Ben incurred during his stroke.

"He wouldn't be here if not for them, not in this capacity," Jodi says.

"It was a bad situation, but it could've been a lot worse."

To help raise awareness of the signs of stroke and encourage quick action similar to that seen in Ben's case, the Heart and Stroke Foundation recently launched a new national campaign, FAST.

The acronym stands for Face, is it drooping? Arms, can you raise both? Speech, is it slurred or jumbled? and Time to call 911.

The campaign's slogan: Act



MARYANNE FIRTH/QUI AGENCY/NAGARA

Fifteen-year-old Ben Fox, centre, chats with mom Jodi and assistant hockey coach Craig McPhee in the Fox family's Pelham home. Fox is recovering after suffering a stroke during hockey practice on Aug. 5.

fast because the quicker you act, the more of the person you save.

"FAST. All those things were in play," Craig says of the moment when Ben was being assessed.

"They helped us recognize something was happening."

That fast action led to Ben receiving a clot-busting drug within two hours, which can help ease the effects of ischemic stroke and lead to a fuller recovery if received shortly after the onset of symptoms.

Ben is confident he will continue to improve and he's hopeful he'll someday make his triumphant return to the sport he's loved dearly since the age of three.

Two weeks ago, he was able to set foot on the ice for the first time since the stroke.

He admits it was "overwhelming but frustrating at the same time" to be back but without the freedom to move like he once could.

Though he doesn't strap on his skates, Ben tries to make every Admirals game he can to

show his support to his teammates, who stood by his family throughout the difficult time.

Instead of getting "mad at the world," Jodi says her son has taken each challenge in stride.

"He never complains," she says.

"Never says 'Why me?' He's been incredible. Very mature."

Ben was scheduled to be discharged from hospital last Friday, just in time to spend the holidays at home with his family.

maryanne.firth@surmedia.ca

Lampman
Funeral Home

724 CANBORO ROAD
FENWICK (905) 892-4701

Our Family Serving Your Family
For Over 100 Years

since 1914

Irvine Muir Terry Mikolasek

Wheelchair Accessible

LOCAL NEWS

WAR HERITAGE: Veterans Affairs commits to \$33,600 project



GREG FURMINGER/QUI AGENCY NIAGARA

Veterans Affairs Canada has agreed to match funding up to \$16,800 for the restoration of the First World War cenotaph outside Pelham's Old Town Hall.

Pelham's Great War cenotaph to be restored

GREG FURMINGER
QUI Agency Niagara

The deteriorating First World War cenotaph outside Old Pelham Town Hall in Ridgville will be getting some TLC.

The municipality has learned that Veterans Affairs Canada will commit a maximum \$16,800 towards restoration of the monument erected in 1920.

The other half of costs will be covered by the Town of Pelham.

Royal Canadian Legion Branch 613 will be considering a \$5,000 contribution to the project.

Mayor Dave Augustyn said there had been consideration at some point of replacing the stone, but its historic value was deemed too important.

The entire project is expected to cost about \$33,600, he said.

"It will mean the cenotaph will be fully restored."

The cenotaph commemorating the 1914-18 over the past 95 years has lost some of its lead letters and engraving has eroded to the point some of its inscription is indiscernible.

In a November letter to the town confirming federal funding for the project, Veterans Affairs Minister Julian Fantino

wrote: "Cenotaphs and monuments are silent but powerful reminders of what our veterans accomplished and sacrificed for all of us."

"To maintain the faith our veterans placed in our future, we must maintain monument to their memory and care for them with the dignity and grace they deserve."

Funhill business Kirkpatrick Monuments is expected to remove the cenotaph this winter, undertake the restoration, and have it returned to Memorial Dr. and Canboro Rd. in spring.

Its four sides will be shaved to eliminate any existing lead lettering, depressions or holes created by the lead lettering method. It will be resurfaced and lettered.

Nearby the cenotaph, a deteriorated German trench mortar will be removed and replaced with another piece of surplus equipment from the Department of National Defence, yet to be determined.

Installation of paving bricks around the cenotaph and flower beds have been included in the project.

greg.furminger@sunmedia.ca
Twitter: @GregAtTheLib

Happy Holidays

Niagara Peninsula Energy Inc.
Holiday hours.

December 24th 8:30 to 11:30am
December 25th, 26th Closed
December 29th, 30th 8:30 to 4:30pm
December 31st 8:30 to 11:30am

January 1st Closed
January 2nd 8:30 to 4:30pm

All the staff at NPEI would like to wish you and your Family a Happy and Safe Holiday Season.

Connect with us:
facebook.com/npeiydya
Twitter @npeiydya

niagara peninsula energy inc.
www.npei.ca

www.dentistwelland.com
167 Riverside Drive, Welland

905 734 9214

Besma Family Dental Centre
Dr. Rashid And Associates

HOSPITAL DENTAL CARE

with General Anaesthesia available, Covered by OHIP

Call our office for details

...Sleep Better

Noninvasive treatment of Snoring and Sleep Apnea

myersonema

Call our office for details. ...Sleep Better

New Patients are always Welcome!

DIGITAL X-RAY

Children Dentistry
Cosmetic Dentistry
Crowns & Bridges
Hygiene Services
Root Canal

Tooth Whitening
Dental Surgery
Sleep Apnea - Snoring
Digital X-RAY
Dental Surgery

Hospital Privileges
Dentures
Implants
Fillings
Evening Office Hours

LOCAL NEWS

■ **SPORTS:** Group gives grants to pay for registration, equipment

'No kid should be left on the sidelines'

BOB HOWLE
(QMI Agency) Niagara

It's about breaking down a barrier, the one that keeps kids from playing sports.

Since fall 2010, Kidsport Niagara has doled out \$105,000 in grants to help children and youths participate in organized sports.

The regional chapter of the national organization was started by Perry Hartwick and Sharl Crickmore, who together have a blended family of three children.

They both grew up playing sports, and realize its importance to leading a healthy lifestyle.

Kidsport gives up to \$250 per year per child to be used toward sports registration and/or equipment purchases.

"We've given up to \$1,500 to a family," Hartwick said.

"We believe that no kid should be left on the sidelines," said Crickmore, the local

chapter's program administrator. "We raise money to help kids who can't afford to play sports."

Since 2010, Kidsport Niagara has given 370 grants. Applications for a grant can be downloaded from Kidsport Niagara's website.

A filled-out application is then scanned and e-mailed, faxed or mailed to the non-profit organization.

Applications are to include proof of financial needs, letter of reference and a completed registration form or equipment quote. Once approved, payments are made to the sports organization or locally owned sporting goods store.

In its first quarter year, the organization gave out \$5,000 in grants but this year is just shy of doling out \$50,000. More than half the money since 2010 — \$55,000 — has gone toward hockey registration or equipment.

Crickmore and Hartwick said all money

raised locally is distributed locally.

"Virtually every penny that someone donates is going to go to a kid to play sports in the Niagara region. It's important people know that," Hartwick said.

"Nobody is making any money out of this."

The organization is run from their home and the couple pays out of pocket for items such as banking fees.

Money is raised via fundraisers, such as an annual Halloween party and bowling nights. Corporately, Niagara's three Hyundai dealers are annual beneficiaries as are the Real Canadian Superstores in St. Catharines and Grimsby.

Crickmore said Kully's Sports Bar in downtown St. Catharines raised money for Kidsport Niagara during the bar's Grey Cup party.

While the organization has not

had to refuse a needy child to date, Crickmore and Hartwick said they expect demand to soon surpass the money Kidsport Niagara has raised.

"Next year at this time, we are going to be tight for cash, no question," Hartwick said.

Those wishing to make a donation to the organization can do so at the Kidsport Niagara website at www.kidsportniagara.ca.

ONTARIO POWER GENERATION

Winter Festival of Lights
 NIAGARA FALLS • ONTARIO • CANADA

Events This Weekend

Zero Gravity Circus
Strolling Entertainers

 Tue, Wed, Fri, Sat & Sun 6:00 - 9:00 pm at
 Royal Gate & Edgewooders Restaurant

Fireworks over the Falls
Presented by FALLSVIEW

 Mon, Tue, Wed, Thu & Fri at 9:00 pm



Tel: 905-374-1616 x 226 • wfol.com

MERRY CHRISTMAS!
from **Gallaghers**
 Farm Market & Garden Centre
www.gallaghersfarmmarket.com

SEASONAL FIREWOOD ALL YEAR

Fruit Baskets Available


ALL LOCAL APPLES ON SALE
 \$300 3 litre, \$500 Pack,
 \$1000 1/2 Bushel
 Honey Crisp not included
 in Sale

FRESH LOCAL PIES

346 HWY 20 WEST, FONTHILL
 OPEN ALL YEAR ROUND • CLOSED CHRISTMAS DAY & BOXING DAY
 905-892-0698 • OPEN 7 DAYS A WEEK • 8AM-7PM



You may rely upon the skills and experience of our Family Law Team

Divorce, Separation, Child Custody, Mediation, Pre-Nuptials

Niagara's Lawyers Since 1882



Lancaster Brooks & Welch
 Lawyers since 1882
 80 King St Suite. 800, St Catharines, ON
 905-641-1551 www.lbwlawyers.com

LOCAL NEWS

ICE BOOM: Keeping intakes clear, and the power on



MIKE DRABATZ/ONI AGENCY NIAGARA

An ice jam in the upper Niagara River caused flooding in parts of western New York in January 2014 but had little impact on the Canadian side of the border. The International Joint Commission, a binational group with authority over U.S./Canadian shared waterways, said at that time the ice boom had been 'overwhelmed' by extremely cold temperatures and high winds, which pushed large amounts of ice over top of it.

Keeping the power on

ALISON LANGLEY
QMI Agency/Niagara

The Lake Erie-Niagara River ice boom is in place.

Each winter since 1964, the 2.7-kilometre-long ice boom has been installed between Fort Erie and Buffalo.

The ice boom is designed to reduce the severity of ice jams from Lake Erie into the Niagara River and maintain water flow for hydro-electric power production.

Severe storms with westerly winds can force large masses of ice against the boom. When this occurs, the boom submerges and allows the ice to override it until the pressure is relieved.

Once the storm subsides, the boom resurfaces and restrains ice that otherwise would flow down the river.

The 22 spans can be installed when the Lake Erie water temperature at Buffalo reaches 4°C or on Dec. 16, whichever comes first, said Peter Kowalski, operating manager at Niagara River Control.

Each of the boom's spans consist of a series of floating steel pontoons anchored to the lake bottom at 122-metre intervals by 6.4-centimetre steel cables.

The boom is removed April 1, Kowalski said, or when there's less than 64 square kilometres of ice

ICE BOOM DATES

- Earliest installation – Dec. 8, 1969
- Latest installation – Jan. 14, 1993
- Latest ice boom removal – May 14, 1971
- Earliest on record – March 2, 2012

in the eastern basin of Lake Erie – between Long Point, Ont., and Erie, Pa.

Last winter the removal wasn't completed until May 7, one of the latest removal dates on record.

By late March 2014, about 4,860 square kilometres of the basin remained covered in ice.

To assist with keeping the ice under control, Ontario Power Generation uses the *Niagara Queen II*, an ice breaker that patrols the Niagara River from Chippawa to the upper end of Grand Island, N.Y.

Its job is to keep the hydroelectric intakes clear of thick ice and remove ice blockages above the International Control Dam.

"Normally, the ice breaker is always in the water, but it was removed this year for some maintenance work," Kowalski said.

"It's back in the water now, before ice season, and the crews are undergoing training."

The Canadian boat and its three-person crew work in conjunction with a similar vessel, the *William H. Latham*, operated by the New York Power Authority. While the U.S. boat focuses on preventing ice buildup at the Robert Moses Niagara Hydroelectric Power Station in Lewiston, N.Y., both boats work together if the need arises.

The use of the ice boom is authorized by the International Joint Commission. Ownership as well as the cost of operating and maintaining the boom is shared equally by OPG and the New York Power Authority.

alison.langley@sunmedia.ca
Twitter: @alisonlangley

Enjoy the Great Outdoors This Winter Without Glasses or Contacts

FREE
Designer Polaroid Sunglasses
to complement your new vision
on first time surgery only
For all procedures booked by
Jan 15, 2015

BONUS
Receive as an added
bonus initial post-op
drops goggles and a
3 year vision care plan
valued at \$350
All procedures booked
by Jan 15, 2015

FREE Preliminary Eye Exam
Until Jan 15, 2015

LASIK PROVISION'S GIFT TO YOU!
To see if you are a candidate for Lasik Surgery

BOOK NOW! See Now, \$0 0%
LIMITED TIME OFFER! PAY LATER! DOW INTEREST
For One Year O.A.C.

At Lasik Provision, laser vision correction is viewed as an art form. Dr. Andrew Taylor has hand selected an experienced team of individuals who are constantly striving to provide the finest in all aspects of your laser experience.

Dr. Andrew Taylor will personally perform your laser eye surgery. He has been serving the residents of South Western Ontario and the Northern United States for over 20 years. He can draw upon a personal experience of having performed over 100,000 successful laser procedures to achieve the results you desire. Lasik Provision has superior technology and Dr. Andrew Taylor has personally used every major laser platform that is used in North America today. He lectures internationally in the field of laser eye surgery and on laser platforms. He is involved in the regulatory studies for the approval of new devices and procedures.

Dr. Andrew Taylor has chosen the Zeiss MEL 80T/M Excimer laser and the VisuMax Femtosecond Laser as his preferred platforms. Carl Zeiss is internationally renowned for their expertise in optics, their lenses are likely to be the ones you use at home in your cameras. Carl Zeiss Meditec utilizes advanced engineering profiles which produce superlative, predictable refractive outcomes which is what you want as a refractive eye patient.

Your eyes are precious and Dr. Andrew Taylor looks forward to providing you with a level of care that exceeds your expectations. Life was not meant to be viewed through glasses or contact lenses; Life is about freedom. With these new technological breakthroughs, there has never been a better and safer time to experience the freedom so many millions of people have enjoyed with laser eye surgery.

DR. ANDREW W. TAYLOR
M.D., F.R.C.S.C., Dip. A.B.O.

PROVISION
LASIK & CATARACT CENTRE

1-888-510-2020 | 905-371-3217
www.lasikprovision.com
6800 Morrison Street,
Niagara Falls, Ontario



Warmest wishes for a safe and
happy holiday season.

All the best in 2015!

Mayor Dave Augustyn & Town Council





1-888-510-2020
905-371-3217

www.lasikprovision.com
6800 Morrison Street, Niagara Falls, Ontario



pelham.ca | 20 Pelham Town Square, PO Box 400, Fonthill, ON | 905-892-2607 | 905-892-5055

RECREATION PROGRAMS & CLASSES

Zumba Classes @ Pelham Arena - No classes the week of December 24 & January 1st. See you all Tues. Jan 9th for 9:30am & 7:00pm classes!

Arena Programs

Public Skating	Adult Public Skating	Adult/Preschool	Men's Shiny Hockey	Women's Shiny Hockey	Women's Learn to Play Hockey	NEW! Hockey Skills Hour	Pelham Panthers Home Games
Friday Jan 2 4:00-5:00 pm *Tim Horton's FREE Public Skates	*Holiday*	Friday Jan 2 10:00 - 11 am	Friday Dec 26 9:00 - 10:00 am Tuesday Dec 30 8:00 - 9:00 am Friday Jan 2 9:00-10:00 am	*Holiday*	*Holiday*	Thursday Jan 1 2:00 - 3:00 pm	Friday Jan 2 Vs Welland 7:30 pm

NEW! Hockey Skills Hour - Come out to practice your hockey skills and learn from a Pelham Panthers Jr. B. Trainer. Ages 10 and up welcome. Shiny rates apply.

NEW! *Tim Horton's FREE Public Skates: Tuesday December 30 from 1:00-2:00pm & 7:30-8:30pm at the Pelham Arena, 1120 Haist Street, Fonthill.

WE'RE OPEN DURING THE HOLIDAYS! Please note Pelham Town Hall will only close December 24th at noon, and remain closed December 25th and December 26th, for the observance of Christmas Day and Boxing Day. Visit www.pelham.ca for more information.

Supervisor of Engineering

The Town of Pelham is now accepting resumes from applicants with an Engineering Technologist certificate with membership in the Ontario Association of Engineering Technicians & Technologist; 3 to 5 years of experience in a Public Works department, Municipal environment or related field; Level 2 Water Distribution System Operation; Level 2 Wastewater Collection System Operator; Certified Road Supervisor; good knowledge of Microsoft Office software, CADD, GIS systems; and supervisory experience. Knowledge of drinking water quality systems is considered an asset. This full-time opportunity is offered at \$65,040 - \$76,516 annually.

Planner

The Town of Pelham is now accepting resumes from applicants with a University Degree in Urban Planning with a minimum of 3-5 years as a municipal planner or related experience. The incumbent must hold a membership with OPPI. This full-time opportunity is offered at \$56,911 - \$66,959 annually.

Visit pelham.ca/career-opportunities for more information and to apply for either position by Friday, January 9, 2015.

CALL FOR MEMBERS - The Town of Pelham is seeking interested individuals to join the Committee of Adjustment (five persons for a four-year term). Visit pelham.ca for application details & to apply by **Tues, Jan 6, 2015**. For more info, contact the Town Clerk at nbozzato@pelham.ca or (905) 892-2607 ext. 315.



Are you looking for a great Christmas present for someone special? Here's your chance to give them something unique! Purchase a granite brick to be incorporated into the downtown Fenwick Beautification Project. **Standard, double, veteran's and corporate bricks are available.** Visit pelham.ca for details or come in to Town Hall (20 Pelham Town Square, Fonthill).

pelham
NIAGARA

Ballroom Dance Lessons

Learn the Waltz & East Coast Swing

Shall we dance?

Mondays, January 19th to March 30th, 2015 | 7:30 - 8:30 p.m.
At newly renovated Old Pelham Town Hall in Ridgeville (491 Canboro Road)
Adult couples or singles - all ages - no dance experience or partner required.
\$80.00 per person/10 week session (no class on Family Day, Feb. 16, 2015)
For more info, contact Julie Cook at jcook@pelham.ca or (905) 892-2607 ext. 329.
Register online with Active Net at pelham.ca

LOCAL NEWS




WE'RE STILL HERE!
MERRY CHRISTMAS &
HAPPY NEW YEAR

We look forward to continuing to service your vehicles in the future

26 Thorold Road
 Welland, ON, L3C 3T4
 905-734-7454





Dr. Kimberly Dobson

DENTISTRY
 IN THE VILLAGE

SMILES WITH CARE

**WE WOULD LIKE TO WELCOME TO
 OUR PRACTICE DENTAL HYGIENIST
 DEANNA MANNELLA-SEK**

905-892-0004

20 HWY 20, UNIT 13,
 FONTHILL (In the Fonthill Plaza)
 Visit us on line at www.dentistryinthevillage.ca

ZOOM!
 Zoom! appointments available

**We Now Offer ZOOM In
 Office Whitening System**

■ GLUCAGON

The diabetes debate

DON FRASER
 QMI Agency Niagara

A Niagara school board policy is putting the lives of diabetic students at risk, say two concerned parents.

The mothers are troubled that District School Board of Niagara personnel are not allowed to administer a potentially life-saving injection for their diabetic children.

The board says each student with a pre-existing condition has a medical plan of action. Injections must be given by a trained student, parent or health-care professional.

Christi Webster said her trouble began when it was noticed her toddler, Maya, was excessively thirsty. Webster's family has a history of diabetes.

"And so then my radar went right off," said the mom.

In February, Maya was diagnosed with Type 1 diabetes. She will be three years old when she attends junior kindergarten at Connaught School next year in St. Catharines.

In Type 1 diabetes, the body's immune system destroys the cells that release insulin, eventually stopping insulin production. Without insulin, cells cannot absorb sugar to make energy.

"I came to my attention that District School Board of Niagara staff will not administer glucagon, which is used for diabetics that become unconscious due to a sugar low," Webster said.

That medicine, usually from a pre-measured syringe, rapidly raises the blood sugar of someone experiencing a crash. Insulin itself can come from a syringe, "pen" or pump. Maya uses a pen.

"It terrifies me to know she will not be safe to attend school (in my opinion) ... it's a pretty scary situation," said Webster. "They are not about to give her the glucagon, and we can't be guaranteed a nurse will be there."

"I would like training for staff to be able to administer glucagon in case of an emergency and have it available with her," she said. "This isn't about criticizing the staff at Connaught, I want to stress that. It's about the DSBIN and for other parents that have to deal with this."

School board spokeswoman Kim Yielding said board policy states any medication to be injected at school be provided by the pupil, parent or health care professional. That includes glucagon and insulin.

Staff are not required to administer medical injections as part of their jobs.

"A third-party health professional (such as Community Care Access Centre) has an important connection to schools, because they are trained to administer medication by injection and calculate dosage requirements," Yielding said.

A plan of care is set up for each student with a pre-existing condition, including diabetes. This includes blood glucose tests and the administration of insulin as needed.

Any time any medical emergency happens, 911 is called immediately.

"Every situation is unique," Yielding said. "And that includes an emergency-action protocol for each student."

When the electricity fails...

How will you be AFFECTED?

Custom Designed Stand-by Power Installations to Suit Your Needs

Cornell Feenstra Electric Ltd.

All Types of Electrical Installation

Pole Line Installation & Aerial Bucket Truck Service

Call: 905-899-2373

Fax: 905-899-2383

BOXING WEEK *Sale*

PRICES SO LOW,
WE KNOCK OUT THE COMPETITION



**8 MM
LAMINATE**

99¢ Sq. Ft.

4 Beautiful Colours

**12.3 MM LAMINATE
DISTRESSED LOOK**

\$1⁹⁹ Sq. Ft.

3 Gorgeous Colours

**BEIGE TRAVERTINE
TUMBLED MOSAIC**

\$4⁹⁹ Sq. Ft.
2X4 Beautiful

**AREA RUG
GALLERY**

25% OFF

Our 200 Rugs
Priced to Clear

**12 MM
LAMINATE**

\$1⁴⁹ Sq. Ft.

6 Colours in STK

**GLASS & NATURAL
STONE STRIPS**

\$10⁰⁰ Sq. Ft.
per sheet

3 Colours in STK

**16 X 16 CREAM
CERAMIC TILE**

\$1⁰⁰ Sq. Ft.

Only 2 Skids Left

**ROLLS OF
CARPET AND VINYL**

\$1⁰⁰ Sq. Ft.

WOW!!

BACK BY POPULAR DEMAND

**12 ROLLS OF VINYL
MANY COLOURS
MANY STYLES**

NOW ONLY \$1⁹⁹ Sq. Ft.

INSTALLED!!!

(Prep work & steps extra)

BACK BY POPULAR DEMAND

**30 ROLLS OF CARPET
MANY COLOURS
MANY STYLES**

NOW ONLY \$1⁹⁹ Sq. Ft.

**CARPET,
PAD,
INSTALL**

(Minimum sq. yards, steps extra)

WE MEASURE IT
WE INSTALL IT
WE GUARANTEE IT

A-1WELLAND

Advertised items not applicable to prior finalized sale. See installation policy regarding yardage on vinyl and carpet installation. Small extra charge on halls, steps and bathrooms.



**6 Clark Street, Welland
905.735.3223
1.800.827.4230**

Financing Available - See Store for Details
Mon - Wed - 9-6, Thurs & Fri - 9-7, Sat 9-4, Sun 11-4



LOCAL NEWS

For the birds

ALISON LANDLEY
QMI Agency Niagara

Linda Wichert is a citizen scientist. The Niagara Falls woman has been a member of Project FeederWatch, a North American-wide program that tracks birds with the help of backyard bird lovers, for well over 10 years.

"So many people are into bird watching that it's one of the most popular pastimes and I just love it," she said.

The volunteers track which birds visit their bird feeders between November and April and share that information with scientists at Bird Studies Canada and the Cornell Lab of Ornithology.

In Wichert's case, every two weeks she spends two days tracking what birds take advantage of her four bird feeders and seed bells.

"Being in the city, it's surprising how many I get," she said.

She estimates her total exceeds 1,000 birds each season including chickadees, cardinals, blue jays, finches, woodpeckers, doves, nuthatches and juncos.

"I came outside one day and there was a big hernon flying over my house".

Wichert also makes a note of the temperatures as well as whether it's raining or snowing.

She enters the information online and scientists use the data to track changes in bird numbers and movements.

Each checklist submitted by FeederWatchers helps scientists learn more about bird populations.

"Turning the hobby of bird watching into research for bird conservation is what FeederWatch is all about," said Kerri Wilcox, Project FeederWatch coordinator at Bird Studies Canada.

"FeederWatch participants are citizen scientists. They are the eyes and ears for professional scientists."

And, you don't need to be an expert on birds.

A poster of common birds is provided as well as online program resources.

Sightings are entered online at birds.sciencemuseum.org/volunteer/pfw or reported on paper data forms.

Last season, more than 3,100 Canadians took part in the program.

Officials say the 2013-2014 Project FeederWatch season may have been the coldest, snowiest season since the program began in 1987.

Participants in many cities across Canada experienced frigid temperatures, harsh winds, and record snowfall last winter and reported fewer birds and less variety than in previous seasons.

The Original

CLARE'S

Clare's Cycle & Sports Ltd., Fenwick Ontario
www.clarecycle.com 905-892-2664

799 Hwy #20 West
Fenwick, ON L0S 1C0
905-892-2664
www.clarecycle.com

POWER THROUGH WINTER WITH A HONDA GENERATOR



BE PREPARED TO
POWER
THROUGH WINTER

STARTING FROM
\$899

ES2000 ES2200 ES2400 ES2600



IT'S
ABOUT TIME

FOR A LIMITED TIME,
STARTING FROM
\$749

EXCEEDS MODEL, ALL-WEATHER AND PRO

Ditch the shovel and the trouble by visiting your local Honda Power Equipment Dealer.

BE PREPARED TO PLOW THROUGH WINTER

HONDA

Power

Equipment

FOR A LIMITED TIME -
SNOWBLOWERS
STARTING
FROM \$749.
PLUS FREIGHT & PDI

CREATING BEAUTIFUL SMILES IN THE NIAGARA REGION EVENING HOURS NOW AVAILABLE



KAMATOVIC ORTHODONTICS

BRACES FOR ALL AGES

kamatovicortho.com
(905) 356-7919






FABRICLAND
CANADA'S LARGEST FASHION FABRIC DISTRIBUTOR

www.fabriclandwestern.ca

ONE DAY ONLY - SATURDAY DECEMBER 27TH

**BOXING DAY
BLOWOUT**

**HUGE SELECTION
ON SALE**

50% OFF

OUR REGULAR PRICE

Plus Special Selection

Buy 1 Get 2 FREE* FROM SAME BOLT, SELECTION
VARIES BY STORE

50% OFF

OUR REGULAR PRICE*

- ALL DRAPERY FABRIC, HARDWARE & READY-MADE ITEMS
- ALL CHRISTMAS FABRIC
- ALL FASHION FABRIC
- ALL BASIC FABRIC
- ALL QUILTING FABRIC
- ALL NOTIONS • ALL TRIMS

60% OFF

OUR REGULAR PRICE

SPECIAL SELECTION

- CHRISTMAS TRIM & DÉCOR
- FLEECE PLAIN & PRINTS

SPECIAL SELECTION*

BUY 1 METER

AT OUR REGULAR PRICE

GET 2 METERS FREE

FROM SAME BOLT

- FASHION FABRICS
- DRAPERY FABRICS

PLUS MANY MORE IN-STORE SPECIALS

*Sale prices valid on selected regular priced in stock merchandise only, no special orders. Not valid on promo & sale items, ends, books, yarn, irons, patterns, sewing machines, furniture, foam, 2 pack drapery panels, special orders, custom drapery, gift certificates or home accessories. Discounts apply to our everyday chain store prices, not promotional or competitive prices. Offer not valid on previous purchases.

Custom Drapery Now Available at all Locations See Store For Details

525 WELLAND AVE.,
St. Catharines

685-6595

FABRICLAND
CANADA'S LARGEST FASHION FABRIC DISTRIBUTOR

www.fabriclandwestern.com

Store Hours:

Mon. - Fri. 9-9 • Sat. 9-6
• Sun. 12-5

34 Douglas Ave., Welland

734-3836

LOCAL NEWS

■ **BUTTERFLY CONSERVATORY:** Blue Morpho exhibit returns for second year



PHOTOS BY MIKE DIBARTISTA/QMI AGENCY NIAGARA

A blue Christmas on wings

ALISON LANGLEY
QMI Agency Niagara

It's a true blue Christmas at Niagara Parks Butterfly Conservatory.

More than 500 vibrant Blue Morpho butterflies have been added to the 2,000 butterflies at the indoor rainforest as part of a special holiday exhibit.

This is the second year the conservatory has hosted the Blue Morpho event.

"We wanted to showcase one of our visitors' most favourite butterflies," said curator Cheryl Tyndall.

"Blue Morphos are beautiful. They are very large butterflies and the blue iridescent colours on the wings are just stunning."

There are normally between 100 and 200 Blue Morphos at the conservatory.

There are now an additional 500 butterflies on display and another batch will soon emerge from their pupae and prepare for flight.

In the coming days, there could be up to 1,000 bright blue butterflies fluttering about.

Blue Morphos are native to South and Central America and have a wingspan of 9.5 to 12 centimetres.

They are known as "dusk to

dawn" butterflies as the males are active early in the morning and later in the day.

"The males will congregate together and chase each other through the conservatory," Tyndall said. "It's almost like a dance and it's quite fun to watch."

The dance is actually a show of bravado from males eager to protect their territory and attract a female's attention.

The butterflies aren't shy, and visitors shouldn't be surprised if one lands on their head or shoulders.

Tyndall recommends wearing clothes with the colour blue for a truly interactive experience.

"If the males see blue, they'll come down to it because they'll think you're another male in their territory or they'll think you're a female and they'll come down to get a closer look."

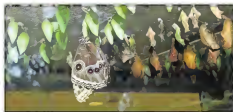
The exhibit continues until Jan. 4.

Tyndall said the conservatory is a great place to escape the chilly weather and walk among the colourful creatures.

"Now is an excellent time to come," she said.

Visit www.niagaraparks.com for more information.

alison.langley@sunmedia.ca
Twitter: @talslangley



Hundreds of Blue Morpho butterfly pupae are set to hatch over the next few days, bringing the total at the Butterfly Conservatory to more than 1,000.

Crystal Couture

"Joy Only Bling Can Bling"

Visit us at the 18th
Annual Niagara
Wedding Show

January 17-18 @
Holiday Inn
Conference
Centre,
St. Catharines

Handmade
Jewellery
with Swarovski
Crystal

Elizabeth O'Neill
Owner/Artisan

You can find us at:
Boggio & Parton
Pharmacy
Log Cabin Gift
Shop
Hwy 20, Fonthill

Salon Paradise
Fitch St Plaza,
Welland

Email: crystalcouturejewelry@gmail.com

Website: shopcrystalcouture.wix.com/crystalcouturejewels

Phone: 905-732-8865

LAMPMAN'S
 FURNITURE

BOXING WEEK SALE

SPECIAL STORE HOURS: WED DEC 24 - 9AM-2PM (Christmas Eve) THURS DEC 25 - CLOSED (Christmas Day) FRI DEC 26 - NOON-4PM (Boxing Day) SAT DEC 27 10AM-4PM
 SUN DEC 28 - NOON-4PM MON DEC 29 - 10AM-4PM TUES DEC 30 - 10AM-4PM WED DEC 31 10AM-3PM (New Year's Eve!) CLOSED THURS JAN 1



La-Z-Boy Pearce Reclining Sofa, Loveseat & Chair

REG. \$3,347.⁰⁰ **SALE \$2,510.⁰⁰**



Accent Chair

REG. \$579.⁰⁰ **SALE \$479.⁰⁰**



La-Z-Boy URBAN ATTITUDES COLLECTION
Beacon Hill Sofa & Coordinating Chair 1/2

REG. \$2,598.⁰⁰ **SALE \$1,999.⁰⁰**



La-Z-Boy Traver Reclining Sofa with
Drop Down Table and Love Seat

REG. \$2,878.⁰⁰ **SALE \$2,399.⁰⁰**



SOLID HARDWOOD
Entertainment Centres

40% OFF IN-STOCK ONLY



SOLID MAPLE
MOBEL Bedroom Complete

REG. \$5,854.⁰⁰ **SALE \$4,299.⁰⁰**



Country Plaid Sofa

REG. \$1,099.⁰⁰ **SALE \$599.⁰⁰**



Leather Recliner

REG. \$1,099.⁰⁰ **SALE \$799.⁰⁰**



La-Z-Boy Power Reclining Sofa

REG. \$1,799.⁰⁰ **SALE \$1,399.⁰⁰**



Big Mans Recliner

REG. \$699.⁰⁰ **SALE \$599.⁰⁰**



Discontinued, One of a Kind
La-Z-Boy Chairs
UP TO 25% OFF



Traditional 3 pc. Reclining Sofa, Love Seat and Chair

REG. \$3,397.⁰⁰ **SALE \$2,397.⁰⁰**



La-Z-Boy ALL-LEATHER Reclining Loveseat Floor Model

REG. \$2,499.⁰⁰ **SALE \$1,699.⁰⁰**



75% OFF \$99.⁰⁰



75% OFF \$299.⁰⁰



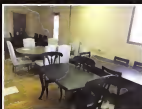
40% OFF \$749.⁰⁰

**AT THESE PRICES, ALL ITEMS ARE CASH AND CARRY!
DOORS OPEN NOON BOXING DAY**

LA Z BOY Comfort Studio
LAMPMAN'S
 FURNITURE
 728 Canboro Rd. Fenwick 905.892.4701 • 1-800-892-4702
www.lampmanfurniture.com

Canadel Toronto Showroom Purchase

DOZENS OF SOLID HARDWOOD CANADIAN MADE DINETTES 25%, 35% UP TO 50% off!



**HUTCHES!
BUFFETS!
SERVERS!
UP TO
75% OFF!**

BOXING WEEK SALES EVENT

OPEN BOXING DAY 7AM - 8PM

STARTS
NOW!



MUSIC IN EVERY ROOM

Ask us how you can play your favorite music in every room around your house

**20%
OFF**

**ANY
AUDIO/VIDEO
STAND**

Values & regular prices shown. Offers not available with other offers. Not to store on reg.



LIMITED
QUANTITIES

YAMAHA

Digital Sound Projector

YAS93
AIR SURROUND XTREME
Dual Built-in Subwoofer
Clear Voice and
UniVolume

\$169

Reg. \$299



YAMAHA

7.2-CH Wi-Fi Built-in Network Receiver

RXV577
4K Ultra HD Pass-through
80Watts x 7.1
AirPlay®
HDMI (6 in/1 out)

\$399

Reg. \$599



Limited
Quantities

SONY

ALL SONY PRODUCTS UPTO 50% OFF

TV's Blu-Ray Players,
Tablets, and Cameras
ALL PRICED TO LOW TO
ADVERTISE



SAMSUNG

ALL SAMSUNG PRODUCTS UPTO 50% OFF

4K LED TV and HD1080P
SmartTV
PRICED TO LOW TO
ADVERTISE



Limited
Quantities

Panasonic

50" Quick Smart LED LCD TV

TC60AS540
Built In
Wi-Fi Swipe;
Share
Internet Apps
240 Backlight
Blinking

\$797

Reg. \$999

NO RAIN CHEQUES • NO ADICHEQUE • LIMITED QUANTITIES

Thomas

www.thomastv.com

**BUY LOCAL
& SAVE BIG**

AUDIO VIDEO

UNLIMITED

Follow us for
Special Offers

Mon-Wed 10-4, Thurs 10-4, Friday 10-4,
Sat 10-5, Sun 1-5

130 THOROLD RD.
WEST, WELAND
905-788-3221

Follow us for
Special Offers

UNLIMITED

Follow us for
Special Offers

Mon-Wed 10-4, Thurs 10-4, Friday 10-4,
Sat 10-5, Sun 1-5

Come Celebrate New Years Eve

Dinner

\$65

Per Person

Call 905 774 7779

or contact us

at johnnyfamous.ca
for reservations

FIRST SEATING AT 4PM FIRST COURSE

Maple Butternut Squash Soup or
Capefire Sealed with fresh buffalo
mazzarella,
heirloom tomatoes, basil and
oregano

SECOND COURSE

Poached Pear and Walnuts wrapped
with prosciutto; studded with
gorgonzola cheese in a roasted
macapone
honey sauce

OR

3 Fresh Oysters served with Tobasco
and fresh lemon

OR

Fresh Jumbo Boston Scallops puff
pastry served with a pernod shallot
cream sauce;
on a bed of spinach and blood
orange segments

MAIN COURSE

GOLDEN PHEASANT SUPREME
Pheasant Breast stuffed with
charterelles, wrapped in prosciutto
and topped in a
vintage port demi glaze. Served
on a bed of macapone and baby
spinach risotto.

OR

MICHELANGELO FILET MIGNON
DELIGHT

An 8oz CAB Filet wrapped in
fillo pastry topped with pesto honey
demi sauce & pine nuts.
Served with fresh vegetables and
roasted red potatoes in fine herbs.

OR

JOHNNY'S MEDITERRANEAN RED
SNAPPER

A whole Mediterranean Red Snapper
Grilled with fennel, baby spinach,
herbs, cherry tomatoes and shallots
and baked in parchment paper.
Served with risotto.

OR

DUCK CONFIT PASTA PAPPARDELLE

Duck Confit in a fresh
pappardelle pasta with pure
truffle paste, fresh chanterelles,
shallots, garlic and sundried
tomatoes
in a chardonnay cream sauce.

DESSERT

White godiva chocolate panna cotta
served with raspberry couli
and garnished with fresh fruit.



**Johnny
Famous**
RESTAURANTS INC.

1613 HWY 3 EAST
DUNNVILLE

Call for Reservations

905-774-7779

A Great Dining Experience!

ONLINE  Get breaking news as it happens.

www.pelhamnews.ca

LOCAL NEWS

■ **HEALTH:** Region study shows treadmill-desks are popular

Chained to the work station no more

JENNIFER CHORNLEY
Special to QM Agency Niagara

Niagara Region health and safety officer Trevor Ward echoes health experts worldwide when he says sitting for hours at a time is not healthy.

But many jobs today require just that — long hours of sitting, working on a computer or talking on the telephone, with the odd break to get up and stretch.

Niagara Region began providing treadmill workstations for its employees as a pilot project more than a year ago, and now has 12 treadmill-desks outfitted with a full computer and telephone headset.

That allows region employees — especially those who typically spend their days seated at a desk — to stay active while still getting work done.

The desks are height-adjustable, and employees sign up to use them. The project was launched by the public health department based on research that shows a sedentary lifestyle has been associated with health problems such as obesity, diabetes and even early death.

The pilot project has ended, says Ward, and the evaluation report shows only positive results from every user of the workstations, some of which have been moved to satellite offices to spread the benefit among more employees.

Some of the remaining treadmill-desks at the regional office have been moved around to provide better access to more of the employees with sedentary jobs, he says.

As a health and safety officer with more than 30 years' experience, Ward says he balances the \$4,000 cost of each workstation against the cost of people who are becoming ill with cumulative health issues caused by inactivity.

Also, there's the cost of replacing those employees while they're off work.

"When people are out of the workplace for long periods of time, it can be very expensive. I see this as money well spent."

The region also purchased several sit-to-stand desks. Cathy Simpson, chief executive officer of the Niagara-on-the-Lake Public Library, goes to a chiropractor regularly because of back and neck problems.

Sitting too long aggravates the problem and increases the pain. So she did some research on healthy workstations, spoke to the public health department about the pilot project and with a report to back up her request, asked the library board about purchasing a treadmill-desk combination for her office.



Cathy Simpson, CEO of the Niagara-on-the-Lake Public Library, walks and works at her treadmill workstation.

There was some discussion about the "optics" of the purchase, says Simpson, and fear it might seem an extravagance.

But Andrew Porteus, chair of the board that governs the library, sets policy and approves the operating and capital budgets, was supportive of her request.

The board voted to spend \$4,000 of the library's capital budget for furniture replacements on a treadmill workstation for her. "We take the health of our employees very seriously and are doing what we can to create a healthy work environment," says Porteus. Sit-to-stand desks were also purchased for employees, and Simpson is hoping the board will purchase one more treadmill workstation that staff can share.

While she understands some employers might balk at the cost, she says she welcomes the opportunity to help promote awareness of the importance of a healthy workplace and the connection between healthy employees and productivity.

Simpson logs three to four miles walking on the treadmill each day, at a comfortable 1.3 miles per hour which allows her to talk on the phone, read and type on her computer. The treadmill is designed to operate at slow speeds — you can't run on it, she says.

She has worked it into her daily routine, generally spending an hour or more on it first thing in the morning and then again in the afternoon for a total of two to three hours a day.

HOLIDAY WASTE MANAGEMENT SERVICES



HOLIDAY CHANGES IN WASTE COLLECTION

Garbage, recycling and Green Bin collection will be deferred by one day in the week following Christmas Day and New Year's Day.

Regular Waste Collection Day	Changed to:
Monday, Dec. 22	No change
Tuesday, Dec. 23	No change
Wednesday, Dec. 24	No change
Thursday, Dec. 25	Friday, Dec. 26
Friday, Dec. 26	Saturday, Dec. 27
Monday, Dec. 29	No Change
Tuesday, Dec. 30	No Change
Wednesday, Dec. 31	No Change
Thursday, Jan. 1	Friday, Jan. 2
Friday, Jan. 2	Saturday, Jan. 3



HOLIDAY GARBAGE EXEMPTIONS

In the week following Christmas (Dec. 26, 27, 29, 30, 31), households may place double their regular weekly garbage limit to the curb on their collection day.



CHRISTMAS TREE COLLECTION

- Saturday, Jan. 10, 2015 ONLY
- Christmas trees must be at the curb by 7 a.m.
- Remove all ornaments and decorations
- Christmas trees wrapped in plastic or buried in snow will not be collected. No artificial trees.

Niagara  Region

www.niagararegion.ca/waste
Waste Info-Line 905-356-4141
or toll-free: 1-800-594-5542

**Book
Outlet**
**Read
-iculously
LOW!
prices!**
**Bestseller in
Bargain Books**

Book Outlet is a warehouse-style, retail store that offers fantastic value on quality books. The books are new and we offer them at 50-90% off the original list price.

Learn more at
bookoutlet.ca/retail

Holiday Hours:

December 11-23: 9am-9pm
December 24: 9am-3pm
December 25: Closed
December 31: 9am-4pm
January 1: Closed

Join us for our

BOXING DAY SALE

50% OFF

THE ENTIRE STORE!

* excludes gift cards

4 DAYS ONLY!

Friday 26: 9am-9pm
Saturday 27: 9am-9pm
Sunday 28: Closed
Monday 29: 9am-7pm
Tuesday 30: 9am-7pm

A few of our highlights

**The Night Before
Christmas**

Our Price: \$5.99
List price: \$12.95

**Sale price
\$3.00**


**Zoe's Christmas List
(Zoe and Beans)**

Our Price: \$7.99
List price: \$19.99

**Sale price
\$4.00**


**Grumpy Badger's
Christmas**

Our Price: \$7.99
List price: \$16.99

**Sale price
\$4.00**


**Silent Night, Holy
Night**

Our Price: \$3.99
List price: \$12.95

**Sale price
\$2.00**

Store sales, prices and merchandise availability are subject to change without notice. We endeavor to display only items which are currently available for purchase. However, it is possible that some items will be out of stock at the time you visit the store.

340 Welland Ave. St. Catharines

Store Hours: Mon to Thu 9am-6pm, Fri 9am-9pm, Sat 9am-6pm, Sun - Closed | Store Phone: 905.641.4581



Classifieds

pelhamnews.ca/classifieds

Phone: 1-866-541-6757 • Fax: 1-866-485-8461 • Email: pelhamnews.classifieds@sunmedia.ca



General Help
Wanted

General Help
Wanted

**THE WELLAND TRIBUNE IS
LOOKING FOR
FLYER CARRIERS IN
THE FONTHILL AREA
ONCE A WEEK DELIVERY**

MEADOWVALE DR & ROLLING
MEADOWS BLVD

IF YOU ARE INTERESTED CALL
905-732-2414 CONNIE @ EXT
503389 OR CHERYL @ EXT 503272

Apartments

Carpet/Flooring

2 BDRMS avail. Large
quiet mature living
Bldg. 1st fl. apt. w/c.
close to Maple park,
busstop. Starting at
\$689. 579 Clary Ave
Call 1-905-735-5718

CARPET DEALS
I have several
thousand yards of new
Stainmaster and 100%
nylon carpet. I will
carpet your living room
for \$389. Price incl.
carpet, pad and
installation. (25 yds)
STEVE: 905-882-5330

**SELL
YOUR
STUFF
HERE!**



**ATTRACT NEW CUSTOMERS TO FURTHER
GROW YOUR BUSINESS.**

**“ Advertisers
– Expand your
Marketing
Reach ”**

**Roll-overs for print
ads to web and/or
other markets
= tremendous
market
exposure!**



**Contact our
Multimedia
Marketing
Specialist
at this paper!**

COMMISSO'S FRESH FOODS

Celebrate a New Year with Commissos's!



Fresh *California*
Seedless
Oranges
Product of USA

249
4lb bag



Maple Leaf
Bacon
Regular, Salt Reduced
or Lazy Maple

LESS
THAN
1/2
PRICE

299
375g



Beatrice
100% Pure
Orange Juice
2/3
1.76L



Gray Ridge
Premium
Eggs

299
18 pack



Cinnamon or Sunmaid
Cinnamon Bread
or Raisin Bread

249
450g



Dempster's
English Muffins
Assorted Varieties

2/3
340g



Beatrice
Sour Cream
Assorted Varieties

.99
500ml



JJ Wilkes
Pierogies
Assorted Varieties

199
1kg



Fresh
Boneless Rib Eye
Grilling Steaks
Family Pack

999^{lb}
22.02kg



Maple Leaf Prime
Canadian Farm Raised
Breaded Chicken Strips
Nuggets or Burgers

599
750g



Fresh
Capless Prime Rib
Oven Roast

799^{lb}
17.61kg



Want to see even more savings?
Visit CommissosFreshFoods.com
and click on the flyer icon to
see all of our weekly specials!

Same prices in effect Saturday Dec. 27 through Wednesday Dec. 31, 2014

SAT 27	SUN 28	MON 29	TUE 30	WED 31
-----------	-----------	-----------	-----------	-----------

6161 Thorold Stone Rd., Niagara Falls, ON

Holiday Hours

Christmas Day & Boxing Day - CLOSED
New Year's Eve - 7am-6pm • New Year's Day - CLOSED